



Project number	MSCA-ITN-2014-ETN 641272
Project title	High-intensity coherent nonlinear optics (HICONO)
Title	Fellow's report on training activities: 'Workshop in Laser Technologies' during the MEDEA ITN annual meeting (October 2017, Nice/France)
Report status & date	Version 1 (23.10.2017)
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I attended the 'Workshop in Laser Technologies' during the annual meeting of the MEDEA (*'Molecular Electron Dynamics investigated by Intense Fields and Attosecond Pulses'*) ITN project.

This day was very important to me because I came in contact with new companies and new university laboratories working in the field of characterization and generation of femtosecond pulses. In fact, this was the first scientific conference outside the HICONO world that I attended. The topic of the day was the measurement, the modification and stabilization of the CEP (Carrier-Envelope-Phase) a crucial parameter in ultrafast laser systems: some presentations have explained in detail the causes of this and phenomenon and especially new measuring systems adopted by other laboratories. In addition, I got in contact with another ITN that works always in the ultra-short pulse domain, therefore I had the opportunity to meet and discuss with other fellows and professors that are studying subjects very close to mine and we compared results, ideas and future goals. In addition, during this workshop I had the opportunity to present '*Liquid crystal cells for phase and group delay control of femtosecond pulses*', a small presentation about the first results obtained from our laboratory. It was very important to me to present these results, because it was one of my first public presentations (I did just one before at the 2nd mini school of HICONO in Tel Aviv), therefore it improved my presentation skills. Finally, the summer school gave me the opportunity to discuss with many PhD students with whom future collaboration could be possible.